

































Psychosocial Rehabilitation and Recovery Center (PRRC), San Francisco VAMC

Spring 2017 | April 3rd— June 23rd

PRRC #: (415) 750-2226

MONDAY		TUESDAY		WEDNESDAY			THURSDAY		FRIDAY	
9:00-9:45		9:00-9:45		9:00-9:45			9:00-9:45		ALL FRIDAY CLASSES MEET AT THE VETERANS BUILDING 401 Van Ness Ave <i>*Please confirm room # with front desk Security* (usually Room 206)</i>	
Dual Recovery (1)  Amy/Lisa GA-41	Reading for Recovery (2)  Jennifer/Sierra/John/Dan F. GA-39	Skillful Emotions Part I (7)  Part II (9) Maisie/Miriam/Sarah M. GA-41	Social Skills Training (8)  Alison/Aquila/John GA-39	Coping through the Senses (15)  Mark/Larry GA-41	Ending Self Stigma (16)  Aquila/Jennifer/John GA-39	Seeking Sanctuary (21)  Jon/Dan GA-41	Health Workshop (22)  Jackie GA-39			
10:00-10:45			Problem-Solving Training (10)  Mark/Candice GA-39	Veterans Community Council (17)  Maisie/Larry/Jeff/John GA-41	Anger Management (18)  Sierra/Jackie GA-39	Program Orientation (for new members)  PRRC Staff GA-18	Catch it, Check it, Change it! (23)  Bethany/Tandra GA-41	Speaking of Smoking (24)  Amy/Raquel GA-39		
My Recovery Story (3)  Alison/Jennifer/John GA-41	Inner Resources: Meditation (4)  Sarah M./Elena GA-39	10:00-10:45			10:00-10:45		10:00-10:45		Meaning in Manhood (29)  Mark/Dan/Jeff Vets. Bldg	
11:00-11:45	11:00-11:45	11:00-11:45		11:00-11:45			11:00-12:30	11:00-12:30	10:00-12:00	10:00-10:45
Group Volunteering (5)  Mark/ Jackie GA-41	Blueprint for Recovery (6)  Amy/Jeff GA-39	Trauma Recovery (11)  Elena/Candice GA-41	Knowledge is Power (12)  Jackie/Richard GA-39	Recovery in Young Adulthood (19)  Elena/Mark GA-41	Peer Support (20)  Sarah/Leonard/Jeff GA-39	Women Create (25)  Miriam/Norit GA-41	Food and Fitness (26)  Amy/Jackie GA-39	Community Photography Inspiration (30)  * Individual appointments with Richard, Norit, Allyson and Tandra* Vets. Bldg.	Happiness Boot Camp (31)  Mark/Jackie Vets. Bldg	
All classes require registration. To register, you can either: 1) Attend Registration 3/27 or 3/29 2) Contact the facilitator(s) 3) Attend class and let the facilitators know Once you have registered, please call: 415-750-2226 if unable to attend.		12:15-1:00					12:30-2:00	1:00-3:00	WRAP & Roll (32)  Richard/Dan Vets. Bldg.	
		 Art Guild (13) Richard/Allyson/Tandra GA-41					Story Corps (27)  Richard/Norit/Tandra GA-41	Clearing the Clutter (28)  Miriam/Sara GA-39		
		1:00-2:00								
		Art Therapy (14)  Richard/Allyson/Norit/Tandra GA-41								
Family-to-Family by NAMI Contact Jackie x23207										



Psychosocial Rehabilitation and Recovery Center (PRRC)

San Francisco VAMC, Spring 2017



Individual Services

1) Evidence-based Psychotherapy



- **Cognitive Behavioral Therapy (CBT)** can be helpful in coping with challenges related to psychosis, bipolar disorder, depression, & PTSD.
- **Motivational Interviewing (MI)** can help increase motivation when you are feeling “stuck” and/or if you are unsure about whether or not you want to make a change.
- **Interpersonal Therapy for Depression (IPT-D)** can be helpful in learning to better deal with life problems that cause or make depression worse.
- **Contact persons:** Elena Bassett, PhD, ext. 25136; Maisie Ketron, LCSW, ext. 23139

2) Cognitive Skills Coaching (Cognitive Rehabilitation)



- Cognitive skills are the skills you use to think, learn, remember, pay attention, and problem-solve, and can be improved with practice and coaching.
- **Contact person:** Mark Smith, OTR/L, ext. 22387

3) Smoking Cessation Coaching



- Meet with experienced tobacco coach, Amy Rogers, to explore your options (reducing vs. quitting, nicotine replacement, etc.) in a no-pressure environment.
- **Contact person:** Amy Rogers, OTR/L, ext. 23150

4) Supported Employment



- Request a referral to work with our VA's Supported Employment specialist to get assistance in finding and maintaining employment in the community.
- **Contact person:** Your PRRC Recovery Advisor

5) Supported Volunteering



- Consult with Mark Smith, OTR/L, on pursuing and maintaining a volunteer position in the community - learning new skills, meeting new people, and finding meaning.
- **Contact person:** Mark Smith, OTR/L, ext. 22387

6) Health Coaching



- Develop a personalized health plan that is based on what matters most to you, your own goals, values, preferences, and lifestyle.
- **Contact person:** Jackie Kempis, RN, ext. 23207

7) Creative Arts Therapy



- Develop better mental focus and flow experiences, see the SF community in a new light with mindful photography practices, and grow your creative self-expression.
- **Contact person:** Richard Burton, MA, RDT, CPRP, ext. 24597

8) Housing Consultation



- Consult with Miriam Beyer, LCSW, on VA and community resources for Veterans who are currently experiencing homelessness or who are at risk of homelessness.
- **Contact person:** Miriam Beyer, LCSW, ext. 25166